








Aventura City of Excellence School Lunch Menu MAY/JUN 2019



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	Chicken Hot Dogs on Whole Wheat Bun OR Turkey Sub WGR Chips Baked Beans or Side salad Tropical Fruit Low Fat & Fat Free Milk	MAY 1 Baked Ziti OR Whole Wheat Tuna Sub Whole Wheat Roll Steamed Carrots or Side Salad Sliced Pears Low Fat & Fat Free Milk	MAY 2 Meatballs Marinara OR Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk	MAY 3 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
MAY 6 Arroz con pollo Sweet plantain OR Tuna Salad Sandwich Steamed green beans OR Side Salad Sliced Pears/Fortune Cookie Low Fat & Fat Free Milk	MAY 7 Whole Wheat Toasted Cheese Sandwich OR Tuna Salad Sandwich Baked Veggie Chips Black beans OR Side Salad Sliced Pears Cookie Low Fat & Fat Free Milk	MAY 8 Bow Tie Pasta & Meat Sauce OR Whole Wheat Salami Sub Mixed Veggies or Side Salad WHOLE WHAET ROLL Cantaloupe Low Fat & Fat Free Milk	MAY 9 Oven-Baked Breaded Fish Sticks OR Whole Wheat Turkey Sub Brown Rice Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk	MAY 10 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
MAY 13 Mac & Cheese OR Whole Wheat Tuna Sub Garlic bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	MAY 14 **Early Release** Kosher  Turkey sub Multigrain Chips Fresh Apple Water	MAY 15 **Early Release** Kosher  Chicken nuggets Multigrain Chips Fresh Apple Water	MAY 16 Elbow pasta with pink sauce or Wheat Tuna Sub Garlic bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	MAY 17 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
MAY 20 Chicken Fried Rice Mini Egg Rolls OR Tuna Salad Sandwich Steamed Edamame OR Side Salad Sliced Pears/Fortune Cookie Low Fat & Fat Free Milk	MAY 21 Whole Wheat Toasted Cheese Sandwich OR Tuna Salad Sandwich Baked Veggie Chips Black beans OR Side Salad Sliced Pears Cookie Low Fat & Fat Free Milk	MAY 22 WGR Spiral Pasta with Alfredo Cheese Sauce OR Whole Wheat Tuna Salad Sandwich Sautéed Spinach or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk	MAY 23 Chili Beef Or whole wheat Salami sub White Rice Lima beans or Side salad Pineapple Chunks Low Fat & Fat Free Milk	MAY 24 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
MAY 27 NO SCHOOL	MAY 28 Mac & Cheese OR Whole Wheat Tuna Sub Garlic bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	MAY 29 Pizza Cheese Bagel or Whole Wheat BMT Sub Tater tots Steamed Green beans or side salad Slices Peaches Low Fat & Fat Free Milk	MAY 30 Hamburgers on Whole Wheat Bun OR Turkey Sub Cole Slaw or Side salad Tropical Fruit Low Fat & Fat Free Milk Lettuce, Pickles, Onion Garnish	MAY 31 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
JUN 3 Spaghetti & Meatballs marinara OR Turkey Salad Sandwich Mixed veggie OR Side Salad Sliced Pears Cookie Low Fat & Fat Free Milk	JUN 4 **Early Release** Kosher  Turkey sub Multigrain Chips Fresh Apple Water	JUN 5 **Early Release** Kosher  Chicken nuggets Multigrain Chips Fresh Apple Water	JUN 6 **Early Release** Kosher  Turkey sub Multigrain Chips Fresh Apple Water	

LUNCH PRICE \$3.90 DAILY

Side Salad consist of lettuce, Tomatoes & Cucumbers **A-la-Cart:** Hard Boiled Egg \$0.50; Portion cup of Tuna Salad \$0.50; An Alternative Protein Choice Will Be Offered Every Day Except on Early Release Days; The **Salad Bar** is an alternative meal to the daily lunch being offered. **Salad Bar** consists of the following items: Lettuce, Tomato, Cucumbers, Carrot Sticks, Celery Sticks, Hard Boiled Eggs, Tuna Salad and a slice of Whole Wheat Bread.

